Mat-Su Monitor

MARCH 2018 VOLUME 41 NUMBER 3

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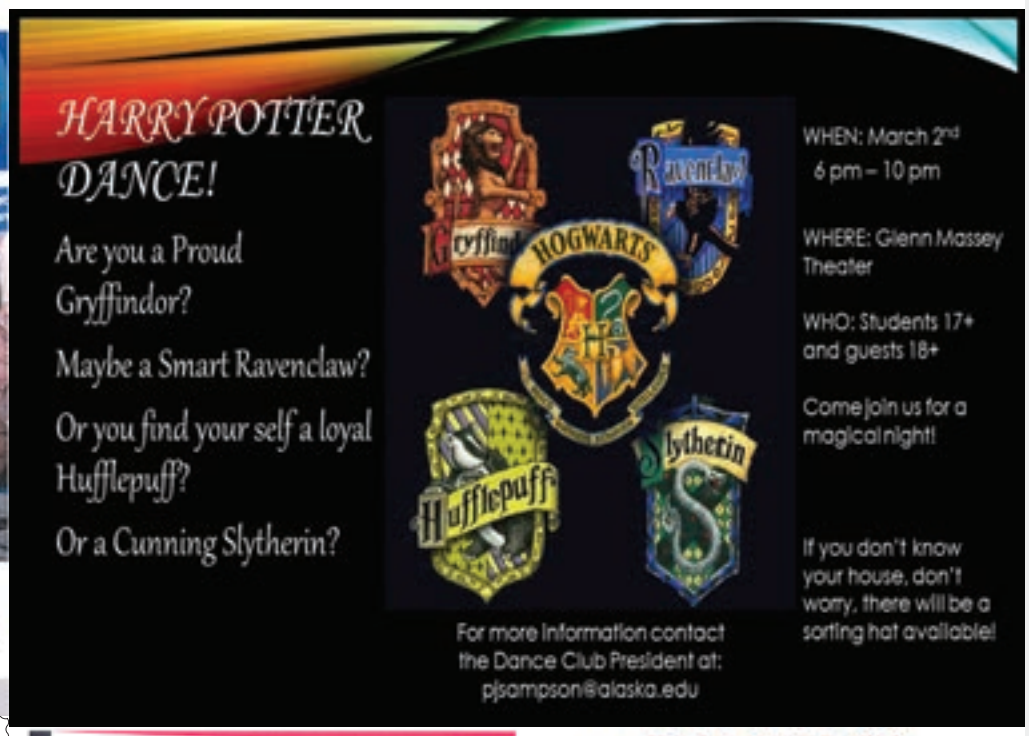
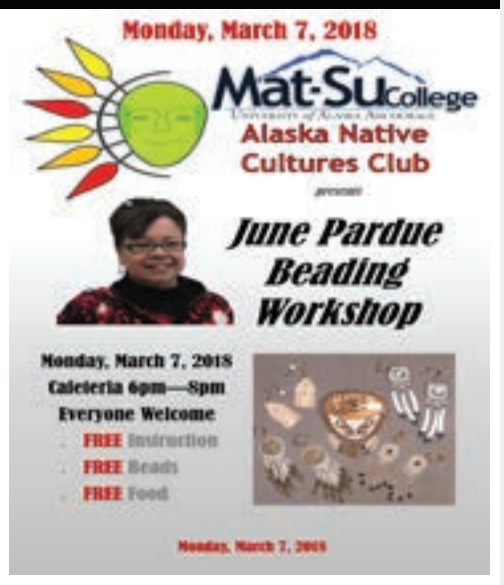

HARRY POTTER DANCE!
Are you a Proud Gryffindor?
Maybe a Smart Ravenclaw?
Or you find your self a loyal Hufflepuff?
Or a Cunning Slytherin?
HOGWARTS
WHEN: March 2nd 6 pm – 10 pm
WHERE: Glenn Massey Theater
WHO: Students 17+ and guests 18+
Come join us for a magical night!
If you don't know your house, don't worry, there will be a sorting hat available!
For more information contact the Dance Club President at: pjsampson@alaska.edu

Get involved with your STUDENT GOVERNMENT Meetings Wed.nesday 11:50 - 12:50 JKB 108

STUDENT GOVERNMENT ELECTIONS

Interested in becoming Student Government President or Vice President? For details or a candidacy application, stop by the Student Government Office (JKB 114) or contact Student Government Secretary Thomas Brass at 907-745-9759 or uaa_mscstudentgov@alaska.edu.

Applications due soon
Elections April 17 & 18



Did You Know?:

Cupid's Love Story

By Michelle Sharpe

When most people think about Cupid, they imagine a baby cherub with a bow and arrow (as illustrated by the image above). However, what many people do not know is the fact that Cupid (AKA: Eros) was a God of Love in Greek and Roman mythology. Not only that, but Cupid has a pretty interesting love story where he falls in love with a beautiful mortal woman named Psyche. Unlike many Greek and Roman myths, this story ended happily. For those who are not familiar with the story and want to know more, I highly recommend looking it up or picking up a copy of Edith Hamilton's Mythology, where she wrote a version of the story. If you don't feel like doing research, here is a brief synopsis:

Once upon a time, there was a king

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Physical Plant employee Jim Jerome and grandchildren enjoying one of the many winter holiday events held on campus.

Valentine's Day

By Saysha Santos

It's that time of the year again when flower and candy shops are overflowing with orders. Both men and women are scrounging around to find the perfect gift to give, one better than their Christmas gifts. Let's not forget the card companies and the never ending teddy bears. Valentine's Day is a tradition that goes back 1500 years. According to the National Retail Federation (NRF), the largest retail trade association (representing the USA and 45 other countries), about 54% of those 45 other countries and the US are expected to celebrate this holiday.

Two hundred fifty roses are being produced, which means that's about two billion dollars spent on flowers – seriously, flowers. What, no one wants to get the fake roses? Those won't ever die. But what about the jewelry? Twenty percent are expected to get jewelry - that's more than 4.3 billion dollars spent on jewelry. Remember when I was talking about the candy? Well, 1.7 billion dollars are spent on candy, because no one wants a nice healthy

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Upcoming events:

March 2: Harry Potter Dance**.** Glenn Massay Theater 6-10pm

March 3: Math Cram Jam. Come prepare for upcoming exams by getting help from your favorite math professors. 9 AM in Snodgrass Hall.

March 3: Get Connected Expo. Local community organizations like clubs and outdoor activity groups will have hands-on exhibits across campus. 10 AM to 2 PM.

March 7: Beading Event

March 9: Math Cram Jam. Come prepare for upcoming exams by getting help from your favorite math professors. 9 AM in Snodgrass Hall.

March 12-16: Spring beak. No classes. Campus closed Friday, March 16.

March 19-21: UAA nursing program individual appointments, 9 AM to 4 PM. To schedule call student services at 745-9762.

March 20: UAA nursing program orientation. 6 PM, FSM 105.

March 28: College 101 Session. Learn about admissions, financial aid, and career paths. Session is free. Reserve your seat by calling Student Services at 907-745-9762. 6 PM, FSM 104.

March 31: Easter Event. Spring egg hunt.

April 6: Deadline to apply for graduation and be named in commencement program.

April 17: College 101 Session. Learn about admissions, financial aid, and career paths. Session is free. Reserve your seat by calling Student Services at 907-745-9762. 6 PM, FSM 104.

April 17 & 18: Student Gov. Elections

April 18: Student Appreciation BBQ.

April 22: Earth Day Event

April 27: Deadline to apply for graduation.

April 28: Math Cram Jam. Come prepare for upcoming exams by getting help from your favorite math professors. 9 AM in Snodgrass Hall.

May 11: Graduation.

Club meeting times:

Alaska Native Cultures Club: Mon 11:50 -12:50 PM. FSM 200.

Dance Club: Thursdays, 3-5pm PM. Glenn Massay Theater.

Human Services Club: 8am Thursdays SNOD 119

Mat-Su Carbon Crew: Mon 9am JKB 114

Mat-Su Monitor: Mondays and Thursdays, 12:00 -12:50 PM. Library room 213.

Mat-Su Recycles: March 1,15,29 SNOD 103 11:50 - 12:50

Online Gamers: contact jtadams3@alaska.edu

Veterans Club: Mon 8am SNOD 124

MSC Chancellor's List (CL) and Dean's List (DL) Fall 2017

Josephine Acord CL
Kendra Allen DL
Joel Allen CL
Anna Ancheta CL
Amber Anderson CL
Nikita Antonov DL
Lidiya Antonova DL
Felicia Bailey CL
Hayden Basnett DL
Alexander Baughman CL
Kayla Beaulieu DL
Adam Beaver CL
Nicholas Beckage DL
Brittany Bell CL
Brandy Berdeaux CL
Susann Bergstrom DL
Donal Biggerstaff DL
Rachel Bjorklund CL
Shaunessy Bowen DL
Jenifer Breiner DL
Kolten Brueggeman DL
Karl Brunquist DL
Mesa Burgstahler DL
Jewel Burgstahler CL
Matthew Busby-Smith CL
Andrew Bydlon Jr. DL
Brian Calugan DL
Sarah Carlson CL
Kitlisa Carson DL
Alexandro Cetina DL
Moriah Chambers CL
Jennifer Chesbro DL
Kayley Clinch DL
Helen Coleman DL
Christine Cox CL
Melissa Crane DL
Amber Curry DL

Chasity Dahlberg DL
Anna Daniels CL
Elizabeth Davis CL
Joshua Day DL
William Delph DL
Celia Denton DL
Breann Denton DL
Kimberly DiMambro DL
Thomas Doak DL
Connor Dowling DL
Katarina Dymoke CL
Jami Eachon CL
Nathan Edwards CL
Claire Ellis DL
Breanna Erwin CL
Freedom Evenden DL
Peyton Farrar DL
Faith Farris CL
Donald Farwell III DL
Madison Ferguson CL
Desiree Ferguson CL
Kiara Fleckenstein DL
Erin Flood CL
Levi Folk DL
Amber Ford CL
Charlotte Fox DL
Alissa Foy CL
Joseph Francisco DL
Evnica Fursova DL
Michael Gause DL
James Geffe DL
Dawn Gonzalez DL
Denali Goodwill CL
Tessa Gottlob CL
George Grays DL
Megan Green DL
John Gregory DL

Kristen Grimm DL
Suzanne Grogan CL
Gavin Hannasch DL
Zachary Harrison CL
Jetanja Hartvigson DL
Rose Hendrickson CL
Alexis Hinther DL
Kenneth Hoffman DL
Cierra Holtman DL
Katrina Hooper DL
Judith Horcsik DL
Mercedes Houlton DL
Rees Howell CL
Kobe Huang DL
Margaret Hudson CL
Camille Hurst DL
Gabriel Hurt CL
Gunnar Ihde CL
Anastasia Jasper DL
Alyssa Johnson DL
Toni Jones DL
Bryawna Kastning DL
Rylee Keller DL
Stacey Kessler DL
Anna Khomyakova DL
Kyle Kobus CL
Christina Krueger CL
Dennis Kudryn CL
Madeline Kudyba DL
Christina Kulakevich DL
Shane Laboucane CL
Melissa Landess CL
Nathan Lashlee DL
Samantha Lasselle CL
Kristina Lauenstein CL
Jacqueline Libby CL
Devon Lillard DL

Claudia Lindner DL
James Locklear DL
Tabitha Lockwood DL
Lauren Luchsinger CL
Amanda Lyon DL
Janell Machicado CL
Emily Manthey DL
Orlando-Magic Mapili DL
Christian Marcale CL
Elizabeth Marsh CL
Zachary Martin CL
Veronica Martinez DL
Michelle Mason CL
Ashley Mazza DL
Shirley McCaa CL
Cody McHendry DL
James Mcilmail DL
John McIntosh II CL
Sarah Medeiros DL
Tara Melton DL
Joshua Merrill DL
Dalan Merriner DL
Dakota Miller CL
Cody Milner CL
Cassaundra Moeller DL
Vallary Mongar CL
Shiela Morrison CL
Sarah Munro CL
Meghan Naatz DL
Gregory Naatz CL
Andrew Natekin DL
Jacob Nelson CL
Danya Nicketa DL
Hayden Niekamp CL
Amy Ortiz DL
Rebecca Osterkamp DL
Dietrich Pancake DL

Dacia Pascoe CL
Garrick Pedersen DL
Linda Pelkhe DL
Nikia Pepper CL
Evelina Petrenko DL
Ashley Phillips DL
Caden Price CL
Lena Ratcliff CL
Mallory Reeves CL
Rhiana Reints CL
Taylor Reis CL
Raul Reutov DL
Autumn Richardson DL
Virginia Riedel CL
Jacqueline Rieth DL
Kari Rodriguez CL
Trevor Rogers DL
Salesia Rush DL
Breanna Sand DL
Sahand Sardari DL
Kathryn Sauve DL
Sara Schindler DL
Ali Schneider DL
Alexander Schroeder CL
Chaunsy Seater CL
Kiara Selmer DL
Erin Shepard CL
Mykel Siegrist CL
Eugenia Smith CL
Sean Smith DL
Joshua Smith CL
Bricen Sorrell DL
Artis Spiller CL
Hilary Stark CL
Kirstie Starr-Watson DL
Anna Stout CL
Alexandra Sturgill DL

Tracey Sunflower CL
Riley Swanson DL
Molly Swanson CL
Jodi Sweeney CL
Lori Syverson DL
Hannah Tankersley CL
Candice Thomas DL
Andrea Toston CL
Jordan Tu'ulauulu DL
Serita Unin DL
Mathew Uscola DL
Daniel Van Dusen DL
Taya VanBlaricum DL
Rachael Vantrease DL
Nelson Vasquez DL
Dmajia Voliva DL
Ripley Wakaliuk DL
Sarah Walker CL
Julia Wallace DL
Ashley Walters DL
Levi Ward CL
Nathanael Warta CL
Keziah Whipple CL
Andrew White CL
Rachel Whitesell DL
Scott Wolf DL
Cohen Wolfe DL
Amanda Wolverton DL
Anna Young DL
Dakota Young DL
Jonathan Zeppa DL
Sierra Zorea DL
Simon Zorea CL

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Sam Ouellette

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Brenden Mercier
Saysha Santos
Twyla Thurmond

Contributing Writers
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Marcia Wyman
Tanya Ortner

Photographer
Position Available

Layout Artist / Staff Advisor
Audrey Badger

Faculty Advisor
Micah Muer

The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at http://matsu.alaska.edu/office/student-government/student-clubs/mat-su-monitor/.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Top 3 love stories, both fiction and non-fiction:

By Saysha Santos

Shah Jahan and Mumtaz Mahal

This is the beautiful story of a Muslim Persian Princess and India's fourth emperor. It all started back in 1607, when young 14-year-old Shah Jahan (Prince Khurram) was walking down the streets of Meena Bazaar. He spotted Arjumand Banu Begum (now known as Mumtaz Mahal), and he fell instantly in love. They were soon married in 1612. Although traditionally men in that culture have many wives, Mumtaz Mahal was his favorite. She went everywhere with him and had given him three children - she was birthing the fourth when she died in labor. But just before she died, Shah Jahan promised her that he would never remarry, and he would build her the most beautiful mausoleum over her grave.

For two years the courts were ordered to mourn the loss of Mumtaz Mahal. Keeping true to his promise, he spent 22 years overseeing the building of the monument attributed to his beloved. With 22 thousand workers, the monument was finished in 1643. In 1666, Shah Jahan passed and was placed in a tomb next to Mumtaz's tomb, under the monument. This majestic building is the physical image of true love; today we call it the "Taj Mahal," one of the Seven Wonders of the World. Who doesn't

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WORST DATE CONTEST

Mat-Su College students are either tremendously lucky in love, or shut-ins, for we received few submissions in our Worst First Date contest. This was to the benefit of the winner of our drawing for a 20 dollar gift card, whose story is printed below:

Here is the winner of the 20 dollar gift card from FireSide Books located in downtown Palmer: Thank you for your support.

Spring 2017. A girl I liked asked me to go to the spring dance with her. I accepted and we agreed we would meet at the dance. She gets there...with 2 of her friends with her. She hangouts with them the whole time, right? Well at some point, they just leave. She leaves! In the middle of everything. Says absolutely nothing. I was discouraged and left early myself. A few days later, her "new" ex boyfriend..yes you read that right... finds me and warns me to stop bothering her. To stop going around her...I mean really? Come on. So, I walk away. Never to hear from or speak to any of them again.

Here are the co-winners of the Best Winter Photo Contest announced in our last issue.

Photo by Izabella Block

Get involved with YOUR paper!

The Mat-Su Monitor is open to students of all experience levels. A paper like ours always needs writers, artists, graphic designers, advertisement coordinators, photographers, and more (maybe you can contribute something we haven't even thought of)!

Meetings: Mondays and Thursdays, 12:00 to 12:50, in OLB 214 (upstairs in library).

Photo by Paul Younack

VALENTINE'S DAY

By Redd

Valentine's Day is coming up, and now couples and romantics finally have an excuse to be "lovey-dovey" in public. Amidst the red and pink hearts, the feeling of joy and love is supposed to fill the air. However, like all good things, there is a more ominous shadow that follows it. Not everybody has a date or a significant other to spend time with on the day of hearts.

So, whether you have that special someone or not, it is important to remember your health. Physical health aside, a major factor that keeps your gears working right is your mental healthiness. These days, more and more college students and teenagers report feeling really stressed out during Valentine's Day. A push from family and friends to find that special someone can be taxing, and to be honest, not everyone can afford to waste effort on such a task. Piles of homework and whatever life decides to throw your way can also stop or break a person from enjoying their day.

If you're single or just, in general, don't care for the holiday, then take the time to enjoy yourself. Just 'cause the day is supposed to be about loving someone doesn't mean that someone can't be you. Enjoy a nice snack, read a good book, or even watch a cheesy movie - whatever floats your boat. The world emphasizes the ability to give to one another. The more of a philanthropist you are, the better your status in the eyes of people, but a lot of people forget and neglect one thing.

This neglect is centered towards yourself. People try their absolute best to please others or define themselves according to the way they interact with others; Valentine's Day is a perfect example of this. So, even though you may or may not put your courage to the test and heart on the line doesn't mean everything has to be one way. Nobody wants to be rejected by their crush or have their feelings mean nothing, yet sadly it still happens for a lot of people. And if you did secure that special someone on the day of hearts you don't have to risk everything for them.

So on Valentine's Day whether you're going big and enjoying an amazing date or relaxing at home with a good book, take the time to love yourself. The ability to give to other people is great, but being able to love yourself for who you are and keeping yourself mentally healthy is just as important. I'd suggest finding a nice dessert to satisfy your sweet tooth, dance like tomorrow is the end of the world, and find a litter of puppies to warm your heart up.

Hello Arctic Dragons!

Please join the math department in our fourth year of supporting our local teen shelter MyHouse. It is time for our Needs Drive! There a list of things (see below) that will help them provide the priceless service they do for the youth of our local community. There will be a donation tub in the main entryway of FSM, the library, and in the atrium of Snodgrass Hall with flyers for the event taped on the outside. I will also attach the flyer to this email in case you want to share it. If you notice a tub near you getting full or with something that might walk away <wink> please email or call me and I'll come empty it.

Please share this with students and/or anyone in our community that may want to participate and think of us when you are shopping or going through your extra things at home. All donations will go to MyHouse in Wasilla. The drive will end on March 9, 2018.

Needs Request List:

·Hats, gloves, scarves

Backpacks

Fruit snacks

·Granola bars

·Chap Stick

·Deodorant

·Toothpaste/toothbrushes

·Hand warmers

Or anything else you want to donate!

Interview with James Farner

By Twyla Thurmond

James Farner is the Developmental Director at the Alaska Dream Center. This program is designed to educate and counsel those who are struggling with addictions. Through a one year graduate program aimed towards a successful transition back into society, patients are rehabilitated and liberated from the addictions that had been governed their lives.

Twyla: What led you to work in this field?

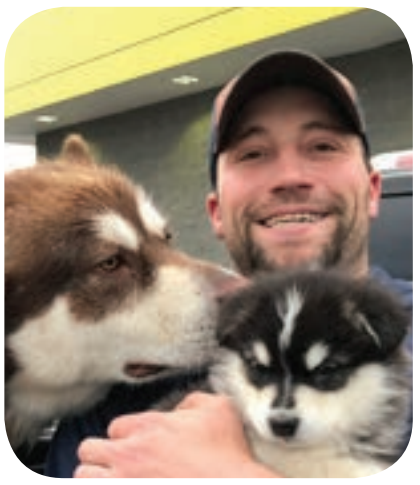
James: The main reason that led me to work in this field was because of my own personal experience, having struggled with addictions. I have been blessed with some great people in my own battle with addiction. These people helped me to learn, grow and overcome my own dependence. I find that it is my passion to have the ability to make connections with people through my own struggles. It is meaningful to me to have that ability to help others overcome the addictions that hinder them.

T: What type of human services do you provide?

J: I provide counseling, discipleship, and training in basic life skills. Through a one year, live-in residential program where I am available, 24 hours a day, 7 days a week, to clients in the program. What I mean by foundational truths is just that, it is one's origin. It is who a person is based off of biblical truths, like who they are in Christ. It is not through things you have or acquire in a life. It is not through people you know or your economic status. Basic life skills are taught, like financial education that includes things like: budgeting, shopping and paying bills or setting up bank or utility or phone accounts. The steps of the processes are taught and practiced which shows them that they are not only capable but can maintain a normal functional lifestyle to this extent.

T: What is the hardest thing about working in this field?

J: The hardest part about this field is working with someone and being able to see the problem, knowing what the solution is to their problems are but the client struggles to grasp and completely comprehend it themselves. It's easy to identify personally as I have seen it firsthand and am able to identify and know the solution but they just don't see it, receive it or just are not ready to do so. They continue to make the same mistakes over and over again. That can be frustrating.



James Farner, Deveopmental Director, Alaska Dream Center with his dogs.

T: What has been the most rewarding moment working in this field?

J: The most rewarding part of this field is watching a man succeed. When someone comes in and they are broken, lost and just real down on themselves. When they hit that rock bottom and they come through our doors here at the Dream Center and are able to learn, to grow, to process, it's great. The client is then able to start a life in truth and have that ability to walk forward and stand tall. When the person is able to walk forward instead of stumble and continue to struggle, that is the most rewarding part.

T: What did you learn in your formal education that helps you the most in your job day to day?

J: The most valuable lesson I have learned in formal training, is the value of communication. It is the listening before speaking I had to learn. Without really listening, you don't know how each individual struggles and what has impacted them in their own words and story. Listening allows you to better help and guide. I did have to learn and practice this as I did not do this naturally. The ability to communicate through listening was the most valuable thing formally taught I would say, yes.

T: What characteristics do you feel contribute most to success in this department?

J: The characteristics that qualify me the most in this position would be the ability that I have to relate to somebody. I can relate to the client at their level, a personal level, which helps to gain trust. Whether it is a business man, or the homeless, I can work with a wide variety of different folks. I find it is a natural thing to be able to acclimate to their personalities and establish trust. No person will want to talk to anyone they feel they cannot trust you, period.

T: How would you describe the overall mission and goals of your organization?

J: Our Mission is to reduce the incidence of substance abuse among the adult population of Alaska ages 18-59, by providing individuals with a safe environment to perma-

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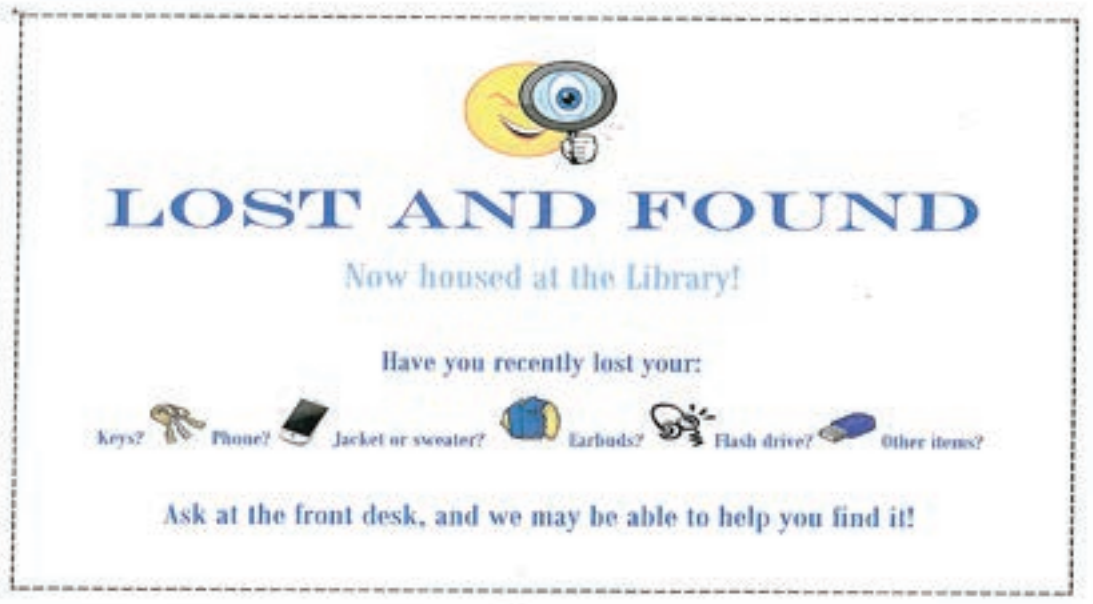


It's Groundhog Day!

Photos by Redd

In early February scientists precisely measured winter's remainder by studying the burrowing proclivities of the paranormal, long-lived groundhog known as Punxsatawney Phil. From afar, our own Student Government modestly contributed to the meteorological revels by arranging a groundhog-themed scavenger hunt. Through the amusing device of deliberately obscured directions, Student Government sent students all over campus in search of tokens of success. Said tokens could be redeemed for treasures as varied as backgammon sets and fleece blankets. A great time was had by all the modern Schliemanns and Carters who participated.

During finals week in early December, Student Government members set up tables in the atrium and in Snodgrass Hall. The students staffing these tables distributed snacks and coffee; gave out small gifts; arranged games; and helped put on activities in which students could make crafts like paper snowflakes. The event was sponsored by Student Government to ease the stress of finals and to celebrate the upcoming winter holidays. To help plan future events, participate in Student Government! Stop by their office in JKB 114 or attend one of their weekly meetings (Wednesdays, 11:50 to 12:50 in FSM 105).

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

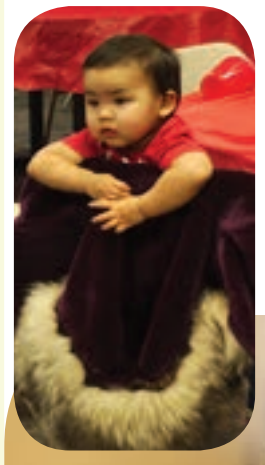
Current Mat-Su College Committees open to the student body:

- Board of Elections
- Concert Committee
- Constitution Committee
- Dance Committee
- Health and Wellness Committee
- Rules Committee
- Pizza Committee
- Planning Committee
- Finance Committee

Or join one of the student clubs. Clubs are a great place to meeet like minded people, have fun, learn new things and relax.

- Alaska Native Culture Club
- Mat-Su Dance Club
- MSC Veterans' Club
- Mat-Su Recycles
- Mat-Su Carbon Crew
- Mat-Su Monitor
- Human Services Club
- Paramedic Association

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, you can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.



PERATROVICH DAY

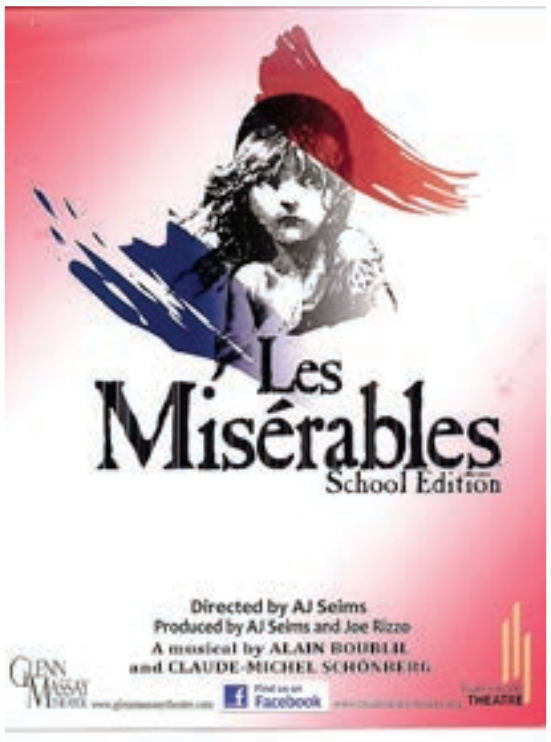
Mat-Su College is hosted their annual Elizabeth Peratrovich Day celebration on February 16th. The event was held in the cafeteria Buffalo tacos, frybread and agutak along with other traditional foods were generously provided by Student Activity Fees. The film, "For the Rights of All" was shown and a panel discussion on Civil Rights in Alaska took place with tribal elders

Mat-Su College
Alaska Native Cultures Club

Mat-Su Monitor
March 2018

Les Miserables

By Redd



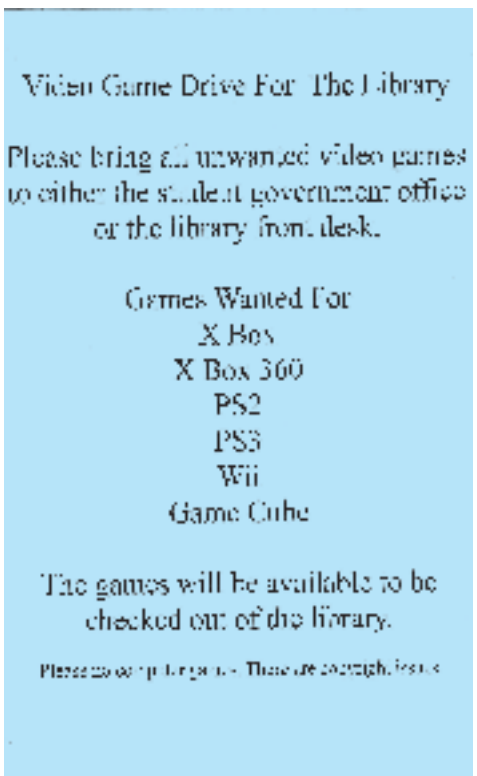
At the Glen Massey Theatre, a production by AJ Seims was put on called Les Miserables. Many people know it from the movie adaptation or even read the book some time ago. It was a school edition which means at the time of auditions the actors had to be 18 or younger. Initially, this means that the story told through this play was a much more toned down and friendlier version than the nitty gritty of the original.

The actors weren't paid and participation was completely voluntary on the actor's part and the orchestra. Nonetheless, these young teens and children have amazing talent. The play follows the main protagonist Jean Valjean, and his continuous escape of Javert the Inspector. Throughout the story, it shows the progress of a changed ex-convict as he takes care of his people and his eventual adoptive daughter Cosette. Important aspects of the story are the themes of love between a father to his daughter and her prospective lover, a penance from sin and a change of one's character, along with the courage and bravery to stand up to an unjust government.

The play starts off with a somber scene of prisoners forced to pull on a rope while the officers would punish any rest or weakness. The fog, lighting, music, and the song immediately immersed you into the plot of the story. The background or scenery was continuously changed and shuffled around to fit the story and helped alleviate some of the strain required of your brain's imagination. While the costumes were numerous and ever-changing, the background despite its simple design was shuffled around enough that your imagination could easily picture it as a different scene. The only major issue with the play's production was a problem with the sound. Whether it be from lack of microphones or improper levels of the said devices sometimes during the play you wish the music wasn't as loud as it was. Especially during dramatic moments the music would overshadow the actor's voices and would strain your ears to actually understand what

My personal favourite scene was when Gavroche gets shot ultimately dies, the timing of the lighting, and small brief silence all helped just completely immerse you into the play and forget it was a performance. I believe it was more memorable and dramatic than the same scene in the movie adaptation.

All in all, it was a decent play, had its issues and small kinks but hopefully we can only expect greater things from the director and actors.


Video Game Drive For The Library

Please bring all unwanted video games to either the student government office or the library front desk.

Games Wanted For
X Box
X Box 360
PS2
PS3
Wii
Game Cube

The games will be available to be checked out of the library.

Do your CDs, DVDs, or game discs look like this and don't play smoothly any longer?
BIG NEWS
Alvin S. Okeson Library is offering a
DISC REPAIR SERVICE
using state of the art equipment that has the capability of making your disc look and play like new!
For more info ask at the circulation desk

2017 Movie Rankings! *By Michelle Sharpe*

Hey there, Mat-Su movie lovers! 2017 was an interesting year, wasn't it? It was full of some interesting movies and shows, that's for sure. Normally, I would make a list of recommendations, but with Oscars right around the corner, I figured that I would give out my own awards for award season!

The Most Overrated Award goes to… - Guardians of the Galaxy 2 (PG-13): Yes, that's right! The most overrated movie of the year is the follow up of the most overrated super-hero movie ever created. I am not saying that *Guardians of the Galaxy* is not enjoyable; it has its moments. But to me, *Guardians of the Galaxy 2* didn't offer anything new or fresh to the genre except for an increased frequency of penis and poop jokes. Baby Groot is adorable, though. In recent years, there has been an increase in Chris Pratt movies and space adventure projects. Here's hoping both get better and stop being mediocre in upcoming years.

Most Underrated movie of the year goes to… - Logan Lucky (PG-13): I won't lie, I did not expect to like this movie as much as I do. But this movie is everything you'd want in a low budget heist film. It's directed by the same guy who did the *Ocean's 11, 12,* and *13* movies, but this one takes place in the South and the mark is a NASCAR track. Channing Tatum and Adam Driver play brothers who are down on their luck and they enlist the help of Daniel Craig (who is utterly delightful in this film) to commit the perfect heist on a budget! If you haven't seen this movie, and you are looking for a lighthearted, quirky movie with a great cast and some funny moments, I cannot recommend this enough.

The most divisive movie of the year goes too… *Gasp* a tie! Mother! (Rated-R) and Star Wars: The Last Jedi (PG-13): Who could have seen this coming? *Mother!* was destined to be a divisive movie from the beginning. With the mix of biblical reimagining and the fact that it was an allegory about how humanity is destroying the earth and that God is an egotistical artist that just wants to be adored, this film was going to irritate a few people. Add to the fact that there was a gruesome scene involving an infant (who of course symbolized Jesus Christ, so you can guess how that ended), this movie definitely wasn't for everybody and it was reflected in the audience and critical scores.

The latest installation of the *Star Wars* universe is a completely different story. It is one of the most critically acclaimed *Star Wars* film ever, yet the Rotten Tomatoes audience score was one of the lowest for the franchise. As a lifelong *Star Wars* fan, I loved this movie and appreciated the somewhat meta humor that was sprinkled throughout the film. There's a saying that no one hates *Star Wars* more than *Star Wars* fans, and that is definitely true. But from the fact that there were some male fans who made an edit of the movie where they cut out all of the female characters from the film, I'll let you deduce which fans in particular didn't like this movie. The backlash for this movie was so strong that some fans vowed never to watch another *Star Wars* film ever again. I'm sure the Disney executives are sobbing into their 100-dollar bills as we speak.

The "what were the writers on?" Award goes to…. Boss Baby (PG): I can't even explain this movie. Alec Baldwin's voice comes out of an infant, and there's a secret baby society that wants all of the adults' attention and puppies are their arch enemies. This movie is so odd. To make things even odder, it's nominated for an Oscar! This movie might actually win an Oscar! I am confident that I am actually living in an episode of *The Twilight Zone*.

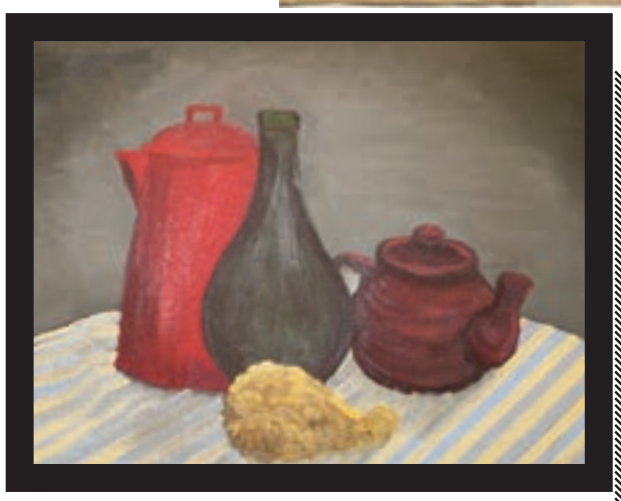
The Award for Best Coming of Age Cannibalism Movie goes to… RAW (Rated-R): This movie is about a girl (who has lived her entire life as a vegetarian) who goes to veterinary school and finds herself through exploring her sexuality as well as discovering that she actually REALLY likes the taste of raw meat… specifically human meat. Apparently, this movie made people faint at the Cannes film festival. I think that's a bit of an extreme reaction. Though the subject is disturbing, this movie is PERFECT for people who like to make terrible puns (at one point, I said, "Now that's what I call finger food"; you can imagine what was going on) while watching movies, which means that you should probably watch this with a group of people.

The Award for Michelle's Favorite Movie of the year goes to… BABY DRIVER (R)!!!!!!: That's right! My most highly recommended movie of the year was Baby Driver! This movie is super cute! The cast is amazing, the car chases are top-notch, the soundtrack will have you tapping your foot, and there are so many things happening in the background that you'll notice something different each time you watch it. Also, who knew that Jamie Foxx could play crazy so well? Go watch it. There is not another film like it.

The Best Film Genre award goes to… HORROR!: Who could have seen this coming? Who could have possibly seen this coming?! Horror has consistently been a low and declining genre in American cinema, but then 2017 came around and delivered some amazing movies. *Get Out* (one of my favorite movies of the year) is nominated for multiple Oscars, and James McAvoy arguably gave one of the best performances of the year as a man with 32 personalities in the movie *Split*. *IT* proved that Stephen King movies are definitely making a comeback and was a great coming of age story in addition to being an entertaining horror/thriller. *Mother!* Was a unique take on theology and was a great allegory for climate-change.

That's it! Granted, I didn't watch every movie from the year 2017. I have yet to see the new Blade Runner movie, and I've heard nothing but great things about that movie. As far as tv shows go, Stranger Things continues to be a tv show trend that everyone else seems to love but I'm utterly indifferent to. Sherlock was utterly awful and made me question every life decision I've ever made (DON'T WATCH SHERLOCK!). The Punisher was an emotional roller coaster for me and I got way too invested in it but I loved every moment of it. Also, Black Mirror had a new season on Netflix - if you have yet to watch Black Mirror, do yourself a favor and remedy that immediately.

FROM THE STUDIO



Art Photos by Mesa Burgstahler and Redd

The Victorian Age

Gig Grant

Monitor note: Our correspondent wrote this for British Literature II. Though Gig did not pass the class, he wanted to share this article to show that students who apply themselves can learn, no matter what letter grade they end up getting.

This journey through British Literature has allowed the opportunity to observe the influences of time and how it shaped the authors of each period. The journey through the Victorian age has been nothing less than a wonder of intrigue and excitement. This period is rich in philosophical, social, and political changes, rich in talented authors, and rich in flavor.

It was the year 1851, and England, Scotland, and Ireland combined had grown to a population of 22 million. A month's rent in a modern multi-room house with the latest plumbing cost four crowns, and one penny would buy a loaf of bread, eight ounces of sugar, and a local newspaper (Damrosch and Dettmar 1045). The acceleration of new technology allowed the authors of this time to receive news reports faster than ever before. In part, it was this technology that influenced the styles and uniqueness of one of England's greatest authors, Alfred, Lord Tennyson. Britain's 40 years of peace was about to come to an end. In 1853, the political atmosphere was heating up along the Turkish border (Markovits 482). It was the heroic valor of the soldiers from the Crimean War that found its way into the writing of Lord Tennyson.

In 1853, Nicholas II massed Russian troops along

Continued on page 12

Mat-Su College
University of Alaska Anchorage
22nd Annual
2018 High School
Art Portfolio Competition
Open to all Alaska High School Seniors
Portfolio Drop Off: April 16-18
Winners Announced: April 19
Show: April 19-May 4, 2018
Please take an entry form or see your
counselor for complete competition details.

Necessary Evil

By Redd

As I sleep inside my bed chambers,
The fire once strong is now nothing but embers.
In its own hearth glow was a scene played in the shadows,
Of a dead man hanged by the gallows.
But in that scene there was another,
Inside it was not, as it watched the other.
There it sat with its beady glare,
Watching the events with an unending stare.
The shadow man struggled in vain it were,
Like an applicant applying for a job unsure.
The raven watched, viewing the shadow's dark deed,
But even the laws of this world the fire heeds.
As the fire went down into tiny puffs of smoke,
The hanging man's neck finally broke.
The raven looked at the darkness, seeing all it could see,
But then looked away knowing what was soon going to be.
The shade grew more black and dark,
And it glided to the bed ready to take its mark.
The darkness neared me, filled with glee,
And laughed and laughed when it wrapped its cloak around me.
I tossed and turned, as my dreams grew wild,
The dreams in them became horrid and riled.
And my long sought sleep on this peaceful night,
Was twisted and ruined by this horrific sight.
The raven looked on watching my face,
As darkness showed me the honor of being in its grace.
The darkness continued its twisted tormented fun,
While the raven grew bigger as the task was being done.
My torture didn't end till early in the morn,
Until finally a new entity was born.
Out of that darkness filled with pain and sadness,
Came a beautiful being opposite from such madness.
The raven and the darkness receded and diminished,
Now that its dark job was finally finished.
Nobody truly understands the balance of this world,
Nor the certain beings that act as its herald.
For there to be good there has to be bad,
Like how we can say sane we first need the mad.
So within the darkness and its dark deed,
There came a beauty born from its need.
Seeing the skies, the new creature longed for air,
And soon flew away ready to do its own work share.

Mat-Su Monitor
March 2018

Campus Resources to Take Advantage of

By Sam Ouellette

Last week I took advantage of two resources Mat-Su College that happen to also be journey eligible event stamps. I utilized the tutoring center and my college advisor in Student Services.

Both opportunities get a destination balance stamp for journey and assist students in mapping out classes, papers, and other things life and college throw at them.

I love the tutoring center and am personally surprised that more students don't utilize it. It's not like we are paying for it, right? Oh, wait, we are!

I have used the tutoring center for math and writing throughout my four years at Mat-Su College and they have saved me grades on all my papers and math.

The other resource that I utilized was my college advisor and personal savior in Student Services.

I have utilized a college advisor since my senior year of high school and it has helped me organize my classes, plan, and keep me level-headed about problems I have had in school. If not for my academic advisor I wouldn't be here today.

Student Services also offers career counseling and financial aid assistance so it is really a one stop shop for students to get help.

I am happy that using both these resources count towards filling out the Journey passport because it encourages students to utilize and learn about more resources available to them on campus.

Additional Help available in
the Learning Center
Rosetta-Stone Language Software
Computer Stations
Textbooks, Videos and Other Resources

HAVE SOME QUESTIONS? TRY ONE OF MAT-SU COLLEGE'S LEARNING SERVICES.

Elizabeth J Fallon Learning Center*

OLB 121 745-9772

https://matsu.alaska.edu/offices/learning-resource-center/index.cshtml

Tutoring Available in JKB 107 Jan 17- May 3

WRITING
Monday - Wednesday 9:00 - 4:00
Thursday 10:00 - 4:00
Friday 10:00 - 2:00

MATH
Monday & Tuesday 9:00 - 3:00
Wednesday 9:00 - 5:00
Thursday 10:00- 3:00

ASL
Wednesdays 4:30 - 6:30

JAPANESE
Monday - Tuesday 5:30 - 6:30 by appointment

***Tutoring is available only for students enrolled in MSC courses**

Hours are subject to change Tutors available Jan 17 – May 3

Online Tutoring:

Alaska State Library provides the Live Homework Hotline at tutor.com/alaska from 1pm-2am

www.tutor.com/military for military families who qualify

Khan Academy: Videos (math, science, economics, history) http://www.khanacademy.org/

Foreign Language: http://libraries.mangolanguages.com/alaska/start (includes English)

Writing: http://writing.wisc.edu/Handbook/index.html

http://bcs.bedfordstmartins.com/rules7e/#t_669460

http://www.paperrater.com/

http://blog.apastyle.org/apastyle/

Math Study Room

SNOD 103
8:00 AM - 3:00 PM
Fridays

Open study room is available on Fridays for students who want to study math together.

CRAM JAM

Study with math faculty in Snodgrass rooms

Saturday, March 03, 2018

Saturday, April 28, 2018

Heather's Top 8 Advice Bits to stop procrastinating your homework

By Heather Deadmond

8. Listen to music without lyrics, or none at all.
Classical is best for some people, but others may prefer electronica atmospheric music. No music at all is also effective for helping concentration.

7. Don't sit on your bed.
Sitting at a desk or a table is the best way to stay focused, as sitting on a bed is more relaxing and may lead to distractions such as YouTube. (I am speaking from personal experience.)

6. Move locations if you have to.
If you're like me and you have a hard time focusing in your room, you may want to consider relocating to the living room or the dining room for study time. If even that doesn't help, studying at a coffee shop or the library might be a better option.

5. Organize and prioritize
Make a list of the items that have to be finished in order of priority, and then go down the list from one to whatever. Don't skip around to what sounds more fun, and check off the items as they are completed. (Even better if you cross them out; more satisfying that way.)

4. Reward yourself for finished tasks
It can be as small as allowing yourself a piece of chocolate for every page written, or as "extravagant" as treating yourself to a movie after all of your work is finished.

3. Set a timer
For the more competitive students out there, setting a timer is an effective way for making oneself work faster.

2. Turn off distractions
This may include giving over electronic devices to loved ones to be held hostage until you've finished all of your homework.

1. Just do it.
When all else fails, in the words of the infamous Shia LaBeouf a la 2015: Just do it. Buckle down and do your work, even if you don't want to, because it must be done.

Tasty Green Smoothies

By Chancelar Merrington

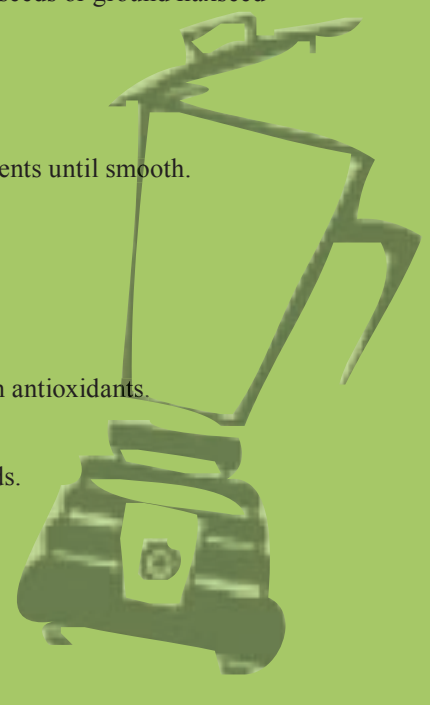
* 2 cups of ice cold water
* 3 handfuls of green leafy vegetables (spinach, kale, chard, spring mix)
* 1 banana (peeled)
* 1 apple (remove core before blending)
* 2 cups of frozen fruit (any fruit works, but mixed berries taste great)
* Optional: may add 1-2 tablespoons of chia seeds or ground flaxseed

Helpful tip:

Add frozen fruit after blending other ingredients until smooth.

Notes:

Makes three smoothies, each 12-16 ounces.
Using mixed berries makes smoothies rich in antioxidants.
Chia seeds can be added for energy boost.
Ground flaxseed is rich in omega-3 fatty acids.



We took a short survey to see what people like to listen to while they work. Here are some of the answers you submitted:

Classic rock

Heavy metal!

Bluegrass

Pop / Christian

Red Hot Chilli Peppers - stadium Arcadium

Easy listening/Country

Instrumental soundtracks from movies, TV shows, and Video games (Hans Zimmer is the best!)

Classical or soft or traditional Irish - The High Kings

Rationale - Tarionale Aphex Twin - Selected Ambient Works Vol.2

And the most popular answer: white noise!

Get involved with YOUR paper!
The Mat-Su Monitor is open to students of all experience levels. A paper like ours always needs writers, artists, graphic designers, advertisement co-ordinators, photographers, and more (maybe you can contribute something we haven't even thought of)!
Meetings: Mondays and Thursdays, 12:00 to 12:50, in OLB 214 (upstairs in library).

Phi Theta Kappa - Beta Sigma Epsilon Chapter

Purpose Statement:

The purpose of Phi Theta Kappa shall be to recognize and encourage scholarship among two-year college students. To achieve this purpose, Phi Theta Kappa shall provide opportunity for the development of leadership and service, for an intellectual climate for exchange of idea and ideals, for lively fellowship for scholars, and for stimulation of interest in continuing academic excellence.

Mission:

Phi Theta Kappa's mission is two-fold:

1. Recognize and encourage the academic achievement of two-year college students and,
2. Provide opportunities of individual growth and development through participation in honors, leadership, service and fellowship programming.

Hallmarks:

Scholarship
Leadership
Fellowship
Service

We would like to thank those who Supported Mat-Su College's Phi Theta Kappa Tradition of Excellence dinner and silent auction.

Students!

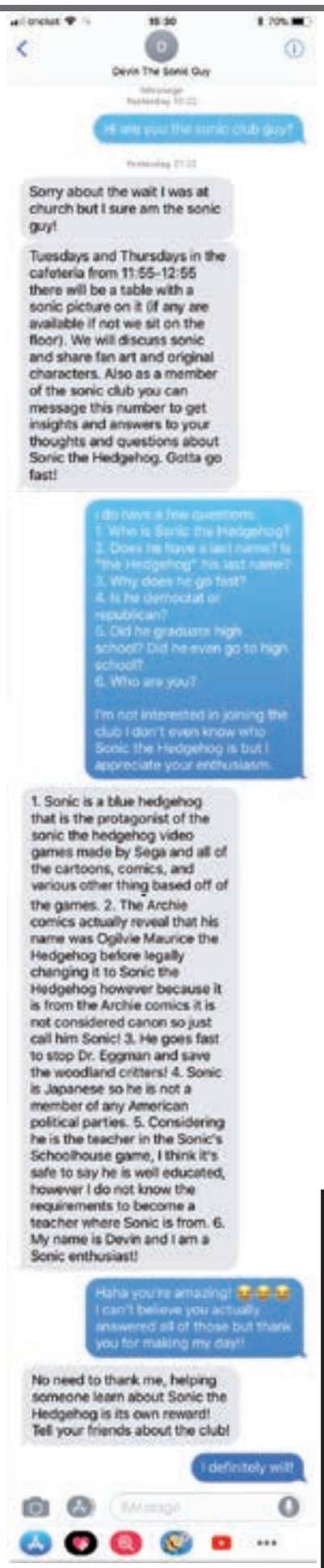
Have you earned an "A" on a class assignment? Enter your work in the

2017 MSC Student Showcase Conference

Publically present your accomplishment to your MSC campus community. Enter your work in the 2017 MSC Student Showcase Conference.

Mat-Su College
University of Alaska Anchorage

Watch for Submission Deadline and other updates at
matsu.alaska.edu/office/student-services/student-showcase/


Devin The Sonic Guy
Hi are you the sonic club guy?
Sorry about the wait I was at church but I sure am the sonic guy!
Tuesdays and Thursdays in the cafeteria from 11:55-12:55 there will be a table with a sonic picture on it (if any are available if not we sit on the floor). We will discuss sonic and share fan art and original characters. Also as a member of the sonic club you can message this number to get insights and answers to your thoughts and questions about Sonic the Hedgehog. Gotta go fast!
1. Who is Sonic the Hedgehog?
2. Does he have a last name? Is "the Hedgehog" his last name?
3. Why does he go fast?
4. Is he democrat or republican?
5. Did he graduate high school? Did he even go to high school?
6. Who are you?
I'm not interested in joining the club I don't even know who Sonic the Hedgehog is but I appreciate your enthusiasm.
1. Sonic is a blue hedgehog that is the protagonist of the sonic the hedgehog video games made by Sega and all of the cartoons, comics, and various other thing based off of the games. 2. The Archie comics actually reveal that his name was Ogilvie Maurice the Hedgehog before legally changing it to Sonic the Hedgehog however because it is from the Archie comics it is not considered canon so just call him Sonic! 3. He goes fast to stop Dr. Eggman and save the woodland critters! 4. Sonic is Japanese so he is not a member of any American political parties. 5. Considering he is the teacher in the Sonic's Schoolhouse game, I think it's safe to say he is well educated, however I do not know the requirements to become a teacher where Sonic is from. 6. My name is Devin and I am a Sonic enthusiast!
Haha you're amazing! 😂😂😂 I can't believe you actually answered all of those but thank you for making my day!!
No need to thank me, helping someone learn about Sonic the Hedgehog is its own reward! Tell your friends about the club!
I definitely will!
SONIC CLUB
TO JOIN MESSAGE (907)842-6748

A new group is getting started.
UAA Online Gamers
I AM A GAMER
NOT BECAUSE I DONT HAVE A LIFE
BUT BECAUSE I CHOOSE TO HAVE MANY
Playstation?
Steam?
Xbox?
No one is perfect, Come join the club.
There is a plethora of video games available for the various consoles and PC. The majority of those are online multi player. As a student of UAA I know that some of the easiest ways to relax after a major test or exam is by killing some bad guys. I also play some games that require some group help to accomplish some tasks, why not join our club and have some fellow students helping you out.
Xbox Gamertag: SocialStatistik
Email: jtadams3@alaska.edu

Welcome to our new Recycling Club

By: Tanya Ortner, Vice Chair of MSRCC

Did you know Mat-Su College has a new club, one that is also open to the general public? The Recycling Club is in its development phase and looking for new members! We are currently focusing our time on getting filtered water dispensers installed on campus, so that everyone can fill up their favorite water bottle with clean, refreshing water while also cutting down on plastic waste! Completion of this task would benefit faculty and students, who currently have no access to decent water at the school. With Earth Day around the corner, it's a great time to reconsider our lifestyles and support recycling both on and off campus. We welcome all community members to join us and hopefully together make small changes that will enhance our experiences! We meet every other Thursday in Snodgrass room 103 at 11:50, with the next meeting commencing on February 14th. Please contact Brittany Barve at bnbarve@alaska.edu with any questions you may have.

ArcticDragons

America's Military has proven time and again that they are willing to answer the call when it comes to protecting America. The transition from soldier to student can be a daunting experience.

The Student Veterans of Mat-Su College has been created as a place for all individuals, regardless of military affiliation, to get together and support each other while enriching our lives through the pursuit of continuing education.

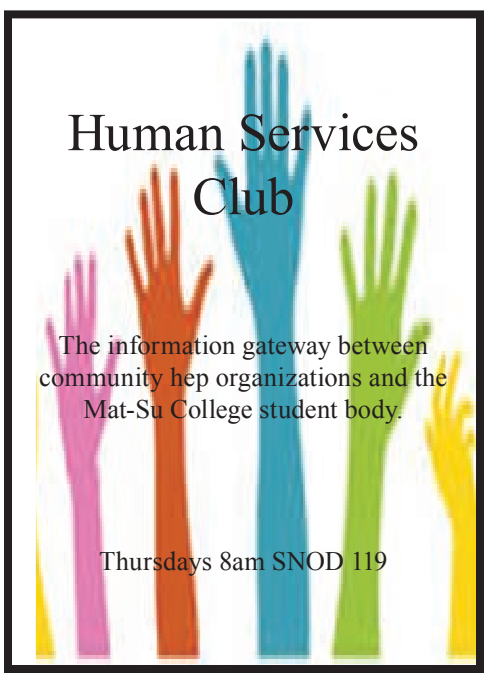
Membership is open to anyone who would like to become involved. For more information on the Student Veterans of Mat-Su College, find us on Facebook at https://www.facebook.com/groups/studentveteransofmatsucollege/ or email us at studentveteransofmatsucollege@gmail.com

MEETINGS: MONDAYS 8am SNOD 124

Dance Club meetings Thursday 3-5pm Glenn Massay Theater

Phi Theta Kappa Honor Society

Phi Theta Kappa


Human Services Club
The information gateway between community hep organizations and the Mat-Su College student body.
Thursdays 8am SNOD 119

MAT-SU CARBON CREW

Mondays 8 am JKB 114 (Student Gov. Office)

Save the planet fanatics? NO!!! We are students that believe this planet is our responsibility and taking care of it is a necessity. Our main goal is to show others better ways to produce food, to use fuels more efficiently, and to use our resources in a manner that is beneficial. Yes, we love our world and want the people on it to thrive. Come join us.

Alaska Native Cultures Club
Mat-Su College

We meet **every Monday** 11:50am to 12:50pm **FSM 200** *(Art Gallery upstairs)*
STUDENT CLUB CALENDER on the Mat-Su website: http://matsu.alaska.eduOr e-mail us at: : MatSuANCC@gmail.com

The Mat-Su Middle College School (MSMCS) is a dual-enrollment program, located on the Mat-Su College Campus and available to Mat-Su Borough School District students. The following is an interview with Greg Giauque, the principal of MSMCS.

By Jewel Burgstahler

Tell me about your education.

I attended Swanson and Butte Elementaries and Palmer Jr. High, and graduated from Palmer High School. I attended Mat-Su College for two years; I got an Associate's degree in agriculture. I had become interested in science in high school, and had a really good chemistry professor at Mat-Su College, so I decided to move towards a science degree. I transferred to Colorado, where I got a Bachelor's in biology and a secondary science endorsement, which would allow me to teach biology, chemistry, and physics.

What is your teaching experience?

I moved back to Alaska and started teaching; I taught for three years at Lower Yukon School District. I purchased a home here in Palmer in the same neighborhood where I grew up. My wife got a job teaching elementary school and I got a job teaching science at Wasilla High School, where I taught for seven years. I then taught at Colony High School for seven years, Twindly Bridge Charter School for one year. I've been with the Middle College for two years.

What exactly is your role at the Middle College?

We are more of an unconventional program, so because of our limited staffing, I, like the other staff, must take on multiple roles to meet the needs of our students. We have students in high school classes, as we want to make sure they graduate and there are a few high school requirements which are difficult to fulfill with college classes, such as civics and PE. I am the principal and math teacher, and am teaching a section of chemistry this semester as well. Our high school counselor, Ms. Langhoff, also teaches Apex, and Mr. Robertson is the English and Social Studies teacher, as well as an online teacher.

In your words, what is the mission of the Middle College?

The mission of the Middle College is to provide students with a low-risk introduction to college and our goal is to reach students who are the first in their family to attend college and help them get a jump-start and get over some of the challenges of colleges that young adults face their Freshman year. Ultimately, our number one goal is for students to graduate high school, but number two is to get as much of a college experience as we can provide.

What's the biggest advantage of attending the Middle College?

It all about perspective, so for me, I think the biggest reason to recommend the Middle College is that it gives students an introduction to college and allows them to be successful in an environment where we're still providing some support. We are here if students run into academic or life challenges, so we can help them through it. Many students tell us that they're ready for more rigorous academics, they're ready for the freedoms which a college schedule gives them. The parents tell me that not only do they want to see their students succeed, they also appreciate the help with the financial burden of the first two years of college. And for some students, having those first two years covered will ensure that they continue on.

NOW
ACCEPTING
Mat-Su Middle College Spring & Fall 2018 Applications
Priority Application: January 8th - March 8th
Late Application: March 19th - August 1st
Complete an Application
Take Accuplacer & ALEKS Tests
GET ACCEPTED!
Get a Scholarship up to
$17,000
• Graduate High School with up to 60 College Credits
• Dual Credit Options, High School & College Classes
• College Tuition, Books & Fees Covered
• Individualized Learning
Call: 907.746.8494 or 907.761.3498
Email: MSM@matsuk12.us
www.matsuk12.us/msm
MAT-SU
Middle College

What are the benefits of the Middle College being at Mat-Su now?

Well, for one, our students are not driving as much. Student safety was always a concern of mine [when we were in Eagle River]. The proximity makes it easier for parents to come by and visit us. We're able to tie in with the local Career Tech buses to help students with transportation. One that's the most obvious is that there are three times the course offerings on this campus and it has the real feel of a college campus - there's a library, a cafe, student services.

What are some frequently asked questions?

Many people ask about transfer credits. Ms. Langhoff and I work really hard to work with students to look at how their credits will transfer - the college advisors here do the same thing. If the student plans to transfer to Idaho or New Mexico, we help them look for classes that will meet the requirements for their degree at that university and have them take them here. Students can apply [to the Middle College] in the spring of their sophomore or junior year of high school, and we also accept a few students at semester, including seniors.

What's one piece of advice you have for students who are considering entering the program?

It would be to apply. One of the misconceptions about the program is that "maybe I'm not ready for college" and really the program is meant for students with a 2.0 GPA or higher. The number one thing we're looking for in the student is the desire. You don't necessarily have to be the best student, but you need to want to be here. We work with all kinds of students, but if they really don't want to be here, if their heart's not in it, the college environment is one that is extremely challenging and if you don't want it it's easy to not be successful.

Greg Giaugue, Principal Mat-Su Middle College

Thank you to Mat-Su Middle College School student Nigel West for his assistance with this interview.

Applying for fall 2018:

Priority application period: January 8th - March 8th

Late application period: March 19th - August 1st

For more information, call (907)746-8494

or (907)761-3498

Mat-Su Monitor
March 2018

Attend events, collect stamps, and win prizes!

Sophia, the Mat-Su College Arctic Dragon, is dedicated to the well-being of Mat-Su College students, staff, and faculty. In this passport, you will find a number of Dragon-approved events and activities specifically designed to help you cope with stress, rise to challenges, and take good care of yourself along the way. If you are preparing for a health-related career, many of these events will round out your academic preparation for working with clients or patients in the future.

So travel along with Sophia to the four destinations for well-being:

Awareness of good mental health for yourself and others

Balance between school, work, family, and self-care

Connection to campus, community, friends, and family

Off the Beaten Path, expanding your horizons by trying something new

Mat-Su College Journey activities and behavioral care services for students are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

Check the Journey website weekly for full activity descriptions and updates. All events are free.

Passports will be available in Academic Affairs, Student Services, around campus, and at events. Good luck on your journey and best wishes for a happy and healthy semester!

Start Your Journey!

It's easy to win: attend events, collect stamps, and then drop by the Academic Affairs Office with your passport after reaching each level for your next prize!

Limit one Passport per person.

Remember, when you attend a Dragon-approved event, make sure you get your passport stamped. Passports will not be stamped retroactively: You must collect your stamp at the event.

Snowshoeing

Time to crawl out of hibernation mode and get outside to enjoy the fluffy white stuff!! December's snowshoeing event brought out a few adventurous souls even though there was not much snow. Various techniques were covered and fun was had by all.

Bring your Passport to JKB 133 when you have collected:

5 stamps: Get a $10 MSC Breaktime Café Coupon

6 stamps: Take a custom Arctic Dragon diffuser necklace, bracelet, or wood charm for LowCountry Eclectic (while supplies last)

7 stamps: Enter the drawing to win a Hydro Flask (One entry per person.)

8-10 stamps: Enter the drawing to win a $50 REI Gift Certificate (Limit 3 entries per person.)

Come back after reaching each level for your next prize!

Deadline to enter drawings:
May 3 2018

Victorian Age *from page 7*

the borders of the Ottoman Empire. Lord Palmerston, Britain's home secretary, insisted the British navy send ships to the Dardanelles. Some in Parliament disagreed with Palmerston, but it was his influence as the former foreign secretary that helped win approval. In a show of loyalty to the Ottoman Empire and to discourage the buildup of Russian troops along the Ottoman border, the British navy and all its might was sent to southern Ukraine. The plan backfired: the Russians considered this a British invasion and attacked the Ottoman provinces of Moldavia and Wallachia. As things began to heat up, the acting prime minister, Lord Aberdeen, argued for peace, but Palmerston continued his insistence on military action. Reluctantly, Aberdeen followed suit, and in March 1854, Britain and France declared war on Russia. On the morning of October 25th, 1854 the men of the British Light Brigade were ordered into the valley near Balaklava. Watching the charge from higher ground were Lord Raglan and his subordinates. Hundreds of Russian cannons aligned on three sides awaited 637 British soldiers (Ludwig 224-25). The Russian cannonballs were merciless as they poured down like a rain. By the end of the day, less than two hundred men returned to camp. The massacre at Balaklava turned out to be one of the greatest blunders of the Crimean War. The press had a field day, and the reports were like water pouring into a bottomless cup. There was no clear answer for this tragic mistake. The Times reported this mishap as a communication error. The French General Pierre Bosquet summed it up with this statement: *"C'est magnifique, mais ce n'est pas la gare."* This translates, "If not war, what was it?" (Markovits 485).

In 1854, after reading the phrase "some hideous blunder" in an article reported in the Times on the Battle of Balaclava, Tennyson was so moved he changed the phrase to "someone had blundered." The first draft of "The Charge of the Light Brigade" was written in a matter of minutes. Tennyson was sympathetic towards the soldiers and chose to write about their heroic bravery instead of the mistake made by their superiors that drove countless souls to their deaths. It was his distinct style of short lines, skillful rhyme, and lively movement that is apparent in the following phrases: "Theirs not to make reply, / Theirs not to reason why / Theirs but to do and die" (Ludwig 225). Tennyson was able to put his passion for his countrymen in this ballad. In the last stanza, Tennyson makes a point to honor the soldiers for their bravery, rather than the blunder:

When can their glory
fade?
O the wild charge
they made!
All the world
wonder'd.
Honour the charge
they made!
Honour the Light
Brigade,
Noble six hundred!

This narrative sums up the impact this specific battle had on the world as well as the respect and honor of the sure bravery of the six hundred (Ludwig 225).

According to Stefanie Markovits, a professor at Yale University with a Ph.D. in English Language and Literature, Tennyson's passion for his countrymen can be seen in his poem "The Charge of the Light Brigade." He believed by writing the perfect poem he could change the direction of the war and bring order out of chaos. This would explain the rewrites, especially of the Crimean War poems, which were scrutinized before and after publication (487). Tennyson's commitment to war poetry is apparent from the fifty-four battle poems he wrote (Hughes 410).

The rapid growth of technology allowed the people of the Victorian age to experience opportunities never afforded any other generation. They were the first of the first. According to Jennifer Ludwig, war correspondents for the first time were reporting from the front lines in Crimea. The effect the press had on the British public was powerful, and they demanded that the troops in Crimea receive any help and supplies they needed. In addition, as a direct result of news coverage, acting Prime Minister Lord Aberdeen was grudgingly asked to step down, followed closely by the dismissal of Palmerston (224-25).

It was the Crimean War and the influence of the "Industrial Revolution" that forged one of Britain's great talents to write one of the most popular poems in its history. Among the many advances in technology, the invention of the steam-powered press, along with the telegraph, influenced the writers of the Victorian age most of all. It was the newspapers of the time that informed the public and promoted the numerous writers and their narratives. It was estimated that in the nineteenth-century over five million individual poems were published. It is Tennyson and Longfellow who are credited for the most poems cited in these newspapers, and Tennyson is credited with the most reprinted poems (Blair 89). In 1850 Tennyson accepted the laureateship from Queen Victoria, in succession to William Wordsworth. Ten years later, he received a compliment from her majesty, informing him of the usefulness of his poem's in her times of mourning (Stapleton 868-69). It is the individual's perception of Tennyson's poems that has brought peace, pleasure, and comfort to his readers The effect of the great battle that took place over one hundred and seventy years ago is still in the hearts of millions. "The Charge of the Light Brigade" is still the best known poem in England and still the most popular selection to be memorized and recited.

Top 3 *continued from page 2*

want a man to love her so much that he builds her a mausoleum? I mean, I would settle for a house or some land, but wow. All the men reading this: clearly you are doing something wrong if your girl/woman doesn't feel like Mumtaz Mahal.

Samson and Delilah

This love story was one of the most tragic ones yet - utter betrayal. In The Bible (*Jude 16; Hebrews 11:32*), this is the story of Samson. He was a boy born to a barren woman, who was to have great strength and follow the ways of the Nazirites - which meant he couldn't drink wine or eat grapes, could never cut his hair, and had to avoid any contact with the dead. Now, Samson obeyed these simple rules, but as a man he started to think with something else instead of his head. This brought him to falling madly in love with Delilah. See, at this point Samson had become a powerful guy. He was the judge of Israel and he judged the Philistines harshly (they were long-time enemies since the Old Testament, *Exodus 23:31*). The Philistines caught wind of the beautiful seductress, Delilah, holding Samson in the palm of her hand. So they offered her a lot of money to discover how to defeat him. So, she got Samson to tell her his big secret - his hair. So, while Samson slept, Delilah got a knife and cut off his hair. That enabled the Philistines to capture him, but instead of killing him they took out his eyes and showed him off at parties.

Throughout this entire debacle, Samson continued his faith in God. His love and devotion never faltered, no matter what was done to him. When Samson's hair grew back, so did his power, a gift from God. The next party at which the Philistines brought Samson out was the last party, because Samson, chained to the main supporting pillars, used his strength to bring the whole building to rubble, killing him and those who resided there.

Romeo and Juliet

Romeo and Juliet is the most classic and iconic tragic love story ever written down. Practically every movie and book has star crossed lovers whose families don't want them together. A play written by William Shakespeare around 1591 to 1595, the story takes place in Verona, Italy. Most have already read this play and most already know what it's about. But for those who've never seen the play nor have read the book, stop reading after this point because there will be spoilers.

It's a play about a girl named Juliet and a boy named Romeo. Juliet is a Capulet and Romeo is a Montague, these two families have been feuding for so long that no one remembers how it all started, just that they should hate each other. I would dive in and explain this story from start to finish, but I feel like it's such an over-told love story that it's killed the plot and the passion. So, instead of starting in the very beginning, I'll be telling the story from the ball where everything happens.

For fun Romeo and his cousin sneak into the Capulet's masquerade ball. Now Romeo's eyes fall on Juliet and that's it. You might as well turn on the Taylor Swift song, "Love Story," and imagine Romeo and Juliet as their eyes meet: it's magical. So, they fall madly in love, but Romeo was set on marrying Rosaline and Juliet was betrothed to Paris. You can see how well this whole love at first sight went with both the teens' parents.

Fast forward - Romeo is goaded into a fight with Juliet's cousin Tybalt, in which Tybalt dies and Juliet's parents loathe Romeo even more. But of course, who cares about family when one's soulmate is on the line? In other words, Juliet could care less that her cousin died. So sure of their love, Romeo gets help from the Catholic priests to aid them in sneaking both Juliet and him out of Italy and help them to live happily ever after. Too bad it goes downhill from there. Without telling Romeo the plan, the priest gives Juliet a mixture that puts her in a comatose state and it seems as if she is dead.

Naturally, Romeo catches wind that Juliet has died. Her family places her down in the family tomb and they leave. Romeo sneaks in and breaks down, and thinking crazy thoughts, he plunges a dagger through his chest. Then Juliet's eyes pop open and she watches Romeo die and he realizes he made a mistake.

Had he waited a minute or so, or had the priest shared his great plan with Romeo, none of this would have happened. So now Juliet is horrified and the only thing that comes to her head is to kill herself, just to be with the man she loves. This is how the priest finds the two lovers - dead.

I guess the importance of the story was that this love was so strong that they would have done anything to be with each other. Love ultimately sucks, it's a blessing and a curse all rolled in a pretty pink bow. Looking at all three stories I would have to say that the "Taj Mahal" was my favorite, it's exactly what every man or woman should strive for in a relationship with their significant other… clearly that is to build them a monument so beautiful that it becomes the Eighth Wonder of the World.

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. II you have a question you'd like to see answered, email it to sophia@matsu.alaska.edu or submit it in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia: So I am in a class just to fill an art credit for humanities. The teacher seems like a stressball fueled by coffee, we are expected to do some performances, and I was hoping for only SOME readings and essays. How should I approach the class mentally?

A. Dear Student: If you're naturally a calm, even-keeled person, I can see how a "stressball fueled by coffee" would get on your nerves, but you can't change your professor's personality. Try to just go with the flow, but remember not to let his/her stress bleed into your life. Do what you can to keep *your* class responsibilities organized and efficient - keep a planner, arrange study groups, etc. As for the assignments, well, that's just a reflection on real life - you won't always get what you wish for. Keep in mind that it's only one semester, and when you're arranging your schedule for the fall, check ratemyprofessors.com for reviews of your potential instructors - they will often tell you what kinds of assignments the professor usually gives. In answer to your actual question, try going into class with the mindset that this course may present challenges, but you will learn from them and maybe improve some of your skills. Doing things that are difficult or make you uncomfortable are likely to help you grow as a person, so embrace this opportunity to become a better you.

Q. Dear Sophia: My question is simple? How does one move on, or let go, of the past? Any help would be greatly appreciated. - Locked in the past.

A. Dear Locked in: Here are a few things you could try: 1) *Write it down, then burn it!* It may seem cliché, but it may help to see the record of something you'd like to forget physically disappear. 2) *If "the past" involves another person, talk to them.* This will probably be emotionally strenuous, but hearing their side of the story, giving/receiving an apology, or even just discussing what happened can really give you closure. 3) *Remove reminders from your life.* Try donating, throwing out, or packing away objects that remind you of a certain someone/something from your past. 4) *Get involved in new activities and/or hobbies.* Having something to focus your time and energy (both physical and mental) on will help abolish bad memories and fixations on things that no longer matter. So take up knitting or archery; sign up to volunteer at a local school, charity, or assisted living home; adopt a new pet; or get out and make some new friends. 5) *Spend some time making plans for the future.* Stop thinking about what has happened or could have happened, and start thinking about what can and will happen. You could make a bucket list, or simply a list of goals, and cross off each one as you complete it. Either way, you'll be fixated more on the future (what you're going to do) and the present (what you're doing now to get there) rather than the past.

You could do one, or two, or all of these things, but in your quest to let go and move on, never forget that no matter what you past is, your life can always get better.

Q. Dear Sophia: I am an open minded individual with an extremely close minded family. I don't have the option of getting away from them. With every conversation with them it makes me cringe inside as to how wrong and close-minded their thought process is. Any suggestions on how to cope with this?

A. Dear Open-minded: Before you condemn their beliefs as "wrong," think about this: they may cringe at *your* beliefs in every conversation. It doesn't necessarily mean that either you or they are "wrong" - for many topics it's simply about perspective. (Of course, you are justified in being bothered by them if they make bigoted or otherwise demeaning remarks, but we'll get to how to deal with that shortly.) Just keep in mind that you may not be the only one who's frustrated with the disparity between the family's views. You can't choose your family, and most people can't and/or don't want to just disown those with whom they've grown up, so I'm sure you're not alone in this situation. Your first option is to talk to them about their closed-mindedness. It may be that there doesn't seem to be any "right" time to do this, but you could always bring it up immediately following a prejudiced comment or mention of a belief with which you disagree (because you definitely should let them know if they are making you uncomfortable). This could result in either a thought-provoking (and maybe mind-changing) discussion, or it could be a terrible mess. If it's not your lucky day and the latter occurs, it may be worth it to avoid controversial subject matter for a while. Try steering the conversation away from political, theological, or emotionally charged topics. Don't let your family's ideas affect your relationships with other people - after all, they may be a big part of your life, but they certainly don't have to define you.

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

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9		2		5	6			
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3			5		1	7		9
			8	9		3		2
8			2		3	6		

Which is faster hot or cold?
Hot, you can easily catch cold.

What has teeth but cannot eat?
A comb

What kind of dog never bites?
A Hotdog.

It's a Potter thing...

R	E	E	B	R	E	T	T	U	B	I	S	O	O	H
H	I	L	T	R	O	M	E	D	L	O	V	E	I	E
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T	R	A	V	E	N	C	L	A	W	T	N	O	N	A
B	A	S	I	L	I	S	K	O	G	O	S	O	D	M

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

_ _ _ _

Everywhere a Sign

By Marcia Wyman

During 1998, Ballot Measure No. 5, voted on by the residents of Alaska, unanimously passed Article 2: Outdoor Advertising. The purpose was to preserve Alaska's scenic beauty by "remaining forever free of billboards." However, most people do not realize it includes all forms of off premises outdoor advertising along roadways. For instance, realtors may advertise upon the property that is for sale, but are not supposed to erect signs to usher traffic to the property.

This past year has brought a blight of illegal outdoor advertising to the Mat-Su Valley in the form of superabundant snipe signs attached to utility poles. A snipe sign is a plastic corrugated sign. Most snipe signs in the valley only show the service offered and a phone number. Why would legitimate businesses take to littering our communities? They seek a way to advertise cheaply by blanketing our communities with a permanent business card. This relieves them of further investing into other forms of advertising. However, this is an unfair practice towards the other businesses that advertise legally.

Do we want our communities littered at every pole, tree, and intersection with these signs? Neither the State of Alaska, Mat-Su Borough, Wasilla, Palmer, MEA, or MTA have laws against taking these signs down and disposing of them. If we do not want to watch the beauty of our townships become degraded, we can send our own clear message to these businesses. We can remove their illegal advertising signs from our communities to stop this plague.

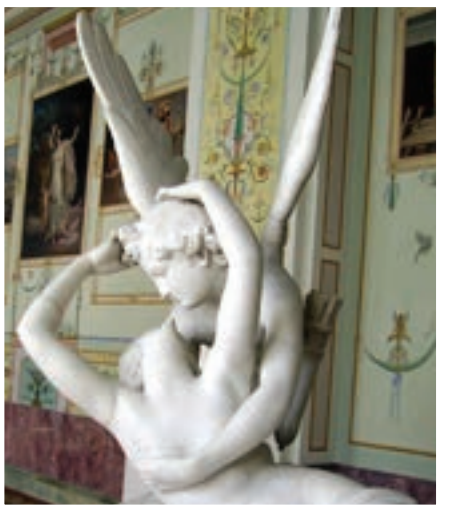
Farner *continued from page 4*

nently overcome addictions controlling their lives.

T: What does helping a person struggling with an addiction look like to you?

J: Well, a person seeking recovery comes in with the mindset and belief that they have failed. The belief is that they are: a drug addict, a failure, a failed father or mother, or a liar or thief. They tend to identify and believe what they have been told, and exposed to, through their own perspectives or those of America. My job is about helping the client to dig deeper, find value within themselves, learn who they really are and to embrace themselves. It is to guide the client toward recognizing their values and build on strengths. The faith based program focuses on an identity build on foundational truth. Each individual is as an individual, each struggle is different. Our desire is to help clients recognize who they are, that they are valued and believe that they can and will succeed.

Did You Know? *from page 1*



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who had three daughters. The youngest and most beautiful was named Psyche. This woman was so beautiful that people began worshipping her and giving her gifts that they usually reserve for the goddess Venus. Now, having a mortal being deemed more beautiful than a goddess and having men worshipping her instead of a goddess is never a good thing. Venus, feeling neglected and jealous, wanted revenge, and called upon her son, Cupid, to ruin Psyche's life. Cupid's task was to stab Psyche with one of his darts and force her to fall in love with the foulest creature he could find. Unfortunately for Venus, Cupid took one look at the lonely and sad Psyche (she was so beautiful that men were terrified to approach her and women hated her, so she sat alone all day while her admirers worshipped from afar while her two less beautiful sisters were married to kings) and he immediately fell in love. In some versions, Cupid (Eros) fell in love with her because he stabbed himself with one of his darts instead of her, and he fell instantly in love.

Worried about his daughter, the king went to an oracle who told him that Psyche's future husband was a monster that was responsible for the downfall of man and God alike and even the most powerful god feared the power of such a monster. The oracle advised for the father to take Psyche up to a cliff and leave her there for the monster to claim, which he did. Psyche was promptly lifted by a friendly wind (for some reason this is always mentioned that the wind was friendly and had the name "Zephyr") and taken to an amazing palace next to a scenic field.

Soon after arriving, Psyche met her husband, who was shrouded in shadows and hidden from sight. He explained that she must never see his face and that she must never have any contact with the outside world, but apart from that, her wish was his command and she could have anything she wanted. Seeing how amazing her surroundings were, she of course agreed, and for a long time, they lived happily with this arrangement.

The story takes a turn when Psyche begged her husband to allow her sisters to come see her. Despite his better judgment, he agrees and let her sisters come to see her. Of course, seeing how well Psyche was living, the sisters turned envious and began putting doubts in her head, telling her that her husband is a monster and that her unborn child was going to be born looking like a giant serpent. This idea had never occurred to Psyche, so she decided to ignore her husband's warnings, and snuck into his room at night with a lantern and a knife to kill him. Instead of finding a sleeping monster, she found a sleeping god. Not just any god, the god of love! For reference of how Cupid was originally intended to look, here is an Antonio Canova sculpture for reference. Shocked to find a beautiful godly creature instead of a monster, Psyche accidentally spilled hot oil all over her husband, waking him up to find her looking upon him and holding a knife. Cupid explained that had she known that he was a god, they never would have been able to love as equals, and was heartbroken that she betrayed his trust. He did what any god in his position would've done… he ran home to his mom, leaving his pregnant wife to fend for herself.

Of course Venus was giddy about having her son back and the fact that Psyche was suffering. In order to increase Psyche's suffering, Venus ordered her to complete three impossible tasks (with the intention of the tasks killing her). Unfortunately for Venus, Psyche was the equivalent of a Disney princess, and had help from different animals and gods along the way. During the final task, Psyche was told to go down to the underworld to get some of Persephone's beauty and bring it to Venus. Psyche, not wanting Cupid to see her looking less than her best, decided to use some of Persephone's beauty herself. Unfortunately, it put her into a deep sleep, almost like death. It was at this moment that Cupid escaped his mother's clutches and rushed down to revive his wife. Seeing Psyche complete three tasks that were meant to be impossible for mortals allowed the Gods to see that she was worthy of a God's love. Cupid gave her a drink (called Ambrosia) that allowed her to become immortal and, soon after, she gave birth to a daughter named Pleasure.

Santos *continued from page 1*

apple on Valentine's Day. Last, but most likely not the least: greeting cards. According to the Greeting Card Association, it is expected that roughly 100 million cards will sell this year. That's one billion dollars for cards… cards, people.

All for what? Because a little date on our calendar tells us that there is one special day out of the whole year where couples can be extra and show how much they care for their significant other. What about the other 364 days of the year? Why is this day significant? Why do we celebrate it the way we do, by spending money on things that will die, get eaten, and break or get lost?

This day goes far back in history, to about the year 496. Commonly we are led to believe it was all because of one man, St. Valentine - you see, during that time the Romans were the top dogs. The Emperor, Claudius II, got the big notion that single soldiers fought better than married soldiers, so that bright idea made him ban marriages. Now, I'm gonna take a wild guess and assume St. Valentine was a really nice guy, which leads to the conclusion that he thought this idea was ludicrous. So, St. Valentine was arranging marriages in secret, but of course the emperor found out and sentenced Valentine to death, on February 14th. But the date isn't even the best part - Valentine ended up falling in love with the jailer's daughter and on February 14th (in the year 1477) he wrote her a love letter, signing it "from your Valentine." Although other history accounts change the reason behind Valentine's arrest and execution, the love aspect still remains and his letter was still sent.

Aw, how cute is that? This is the Valentine's Day story that most would associate this date with, but it's not the whole story. The Romans originally had a festival to celebrate the start of spring in February, which was called Lupercalia. Not so romantically, the men made sacrifices such as goats and dogs, then they would take the hides from those sacrifices and "hit on women," meaning they would whip women with it. Wow, this makes me want to celebrate this day more than ever… not. But then again, the women did think this little kinky act would make them fertile, so who could blame them? It wasn't just whipping that went down at this time, but also a lottery. Men would draw a woman's name from a jar and they were paired with them for the rest of the festivities - and if "cupid" hit the right people with his arrow, those lucky enough to like their match would marry and live happily ever after.

It wasn't really until Shakespeare's time that this specific day morphed into something softer and more extravagant. Honestly, what girl doesn't want a little something on February 14th? It's been drilled into our heads that we should get gifts or flowers. But for what? It's just a day that a good man died, just a day the Romans celebrated springtime. Then again, everyone sees this day as something special to them, so who am I to rain on your parade?

OPPORTUNITIES start HERE

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For more information call Dane Wallace, Assistant Professor of Paramedical Technology, 746-9329

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